

March 2015



FIFTY PLUS

Lynchburg Parks and Recreation ~ 434-455-5858 ~ www.lynchburgva.gov/parksandrec

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. Evening/ weekend activities & times listed in "GREEN" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

TEMPLETON SENIOR CENTER (TSC)

225 Wiggington Road - 455-4115

AARP Tax Aide

IRS trained volunteers are on hand to help you complete your tax return. This free electronic filing service is available now through April 15, 9:00 am -12:30 pm, Mondays,

Wednesdays, and Saturdays. Bring all pertinent papers, forms, social security card and your photo ID.

M W S 3/2-4/15 9:00am-12:30pm

\$ Beading with Jamie

Create beautiful necklaces, bracelets and earrings from beads left over from past projects. You will be able to design and create your own pieces from the hundreds of available beads and findings. Students can also bring their own pieces to recycle and re-design.

Instructor: Jamie Carlund

Register and pay by 3/20.

Fee: \$10.00

74404.130

Tu 3/24 6:30pm-8:00pm

\$ Bridge Class: Advanced

Improve your game and learn the finer points of bridge. Previous playing experience is a must!

Register by the Friday before class begins.

Instructor: Ed Moldenke

Fee: \$49.00 LR: \$34.00

74002.130

M 3/2-4/6 9:30am-11:30am



Experiencing Kazakhstan

Rick Hughes will be our guide to this fascinating and largely unknown part of our world. As an art dealer in Kazakhstan, he learned about the dervish culture and will use examples of Kazakh art to highlight the county's rich history and customs.

Th 3/12 10:30am-11:30am

\$ Genealogy on the Web

Interested in tracking your heritage? There is a world of information waiting to be explored on the internet.

Learn how to find and use the best free sites to full advantage. New information is becoming available every day; now may be the ideal time to find out about your ancestry.

Instructor: Marsha Berry

Register by 3/16

Fee: \$38.00 LR: \$25.00

74003.130

M 3/16-3/30 6:15pm-8:30pm

Italian Gardens

View colorful gardens, architectural elegance and hear Susan Timmons in depth commentaries on her adventures through timeless Italian gardens. Plan to stay on for an Italian inspired luncheon. Lunch cost \$4.00. Register and pay for lunch by 3/20.

Tu 3/24 10:30am-11:30am

\$ Italian Inspired Luncheon

Enjoy delicious baked spaghetti, salad, dessert and drink. Come at 10:30 for the Italian Gardens program. Register and pay for lunch by 3/22.

Fee: \$4.00

73000.130

Tu 3/24 11:30am-12:30pm

Meet the Author- Carolyn Tyree Feagans

This area author shares her latest novel set in the Blue Ridge Mountains, but the characters take you far beyond to the shores of Ireland and Scotland. Come and hear from the author how this novel, "Ella" came to be.

Th 3/19 10:30am-11:30am

\$ Oil Painting Express

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. This one session class will feature a scene from Central Virginia. Students should bring their 11" x 14" canvas and brushes. Instructor: Rodney Laughon. Register and pay by 3/6.

Fee: \$45.00 LR: \$30.00

74400.130

Tu 3/10 1:00pm-4:00pm



☎ RAD

Rape Aggression Defense Class

Learn realistic self-defense tactics in this FREE 12 hour, nationally accredited program of empowerment and self-protection for women.

Presented by RAD certified self-defense instructors with the LPD. Register by 3/5. 73003.134

Women ages 15 and above

Sat 3/7-3/28 9:30am-12:30pm

\$ Sculpt and Tone Exercise Class

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights, bands, mats and steps. Register and pay by first class.

Instructor: Mary Harris

Fee: \$36.00 LR: \$24.00

74209.130

Tu Th 3/3-3/31 **6:00pm-7:00pm**

The Importance of Sleep

Sleep affects every aspect of your life. A Centra Sleep Center representative shares information on sleep in regard to learning and memory, metabolism and weight, your safety, mood, cardiovascular health and your ability to fight disease.

Tu 3/31 10:30am-11:30am

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair!

Tu Th F 3/3-3/31 9:30am-10:15am

\$ Yoga

This self-paced class combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register monthly by the first class.

Fee: \$36.00 LR: \$24.00

74203.130

Tu 3/3-3/31 8:15am-9:05am

\$ Zumba at Noon

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and fun in every class!

Register and pay by first class.

Instructor: Gulshan Ari

Fee: \$36.00 LR: \$24.00

74205.130

Tu Th 3/3-3/31 12:00pm-12:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. Instructor: Kirstin Eubank Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74208.130

M W 3/2-3/30 **5:00pm-5:45pm**

\$ Watercolors: Exploring Colors

Discover the beauty of watercolors as you learn how to work from light to dark, layer and blend colors and add depth to your painting.

Instructor: Betty Leary

Register and pay by 3/3.

Fee: \$75.00 LR: \$60.00

74401.130

Th 3/5-4/9 **6:30pm-8:30pm**

\$ Watercolor Pencil Basics

Combine basic drawing and watercolor techniques in this introductory class. In addition, learn color theory, color mixing and layering. Bring your own basic set of watercolor pencils and brushes.

Instructor: Linda Duff

Register and pay by 3/6.

Fee: \$50.00 LR: \$35.00

74405.130

M 3/9-3/30 **6:30pm-8:30pm**

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players and beginners are welcome.

F 3/6-3/27 9:30am-12:30pm

Current Issues & Events

Join this interactive group as they discuss hot topics in the news.

W 3/11 & 3/25 10:30am-11:30am

Literature for Life

Explore a variety of American Literature and poetry. New comers

are welcome.

Th 3/12 10:30am-12:00pm

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to engage your brain. Beginners welcome.

Th 3/5-3/26 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu Th 3/3-3/31 9:30am-11:30am

Coming in April at TSC:

RIDDLE ON THE HARP CONCERT

Enjoy a variety of celtic and traditional music performed by three multi-talented women from Bedford County. Riddle's instruments include guitar, flute, hammered dulcimer, celtic harp, psaltery, violin and bodhran, just for starters!



Riddle's diverse repertoire includes lively reels and jigs, international folk music, ballads, Americana songs, traditional and classical tunes, original pieces, hymns, and children's songs. **Free event**

Th 4/2 10:30am-11:30am

FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

\$ Arts & Crafts with Betty: Easter Wreath

Unlock your talents and decorate a medium size wreath for Easter.

Choose from twigs, branches, flowers, chicks, eggs and more.

Register by 3/20.

Instructor: Betty Leary

Fee: \$10.00

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F 3/27 10:00am-11:30am

Bingo

Enjoy a morning of Bingo fun! Bring two, new, unwrapped gifts to be used as prizes.

W 3/25 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.

Register monthly. Club Fee: \$5.00

W F 3/4-3/27 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Instructor: Jan Baker

Register and pay by the first class.

Fee: \$36.00 LR: \$24.00

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M W F 3/2-3/30 11:30am-12:20pm



Knitting Group

Are you interested in knitting? Join fellow knitters in this fun, social knitting group that meets the 3rd Wednesday of every month. Bring your new or current project.

Call Jamey at Fairview 847-1751 for more information.

W 3/18 10:00am-12:00pm

\$ Lunch and Learn: Irish History and Music

Celebrate St. Patrick's Day while learning about Ireland, it's music and history. Enjoy a delicious luncheon of corned beef and cabbage.

Register and pay for lunch by 3/13.

Fee: \$5.00

63400.130

W 3/18 11:00 am-12:15pm



\$ Pottery: Leaf Wall Hanging

Using a slab of clay, press and cut a variety of leaves to form a unique wall pocket for hanging.

Register and pay by 3/2.

Fee: \$8.00

63600.130

F 3/6 & 3/13 10:30am-11:30am

Special Interest at FC

Billiards

Two tables are available for recreational billiards.

M W F 3/2-3/30 9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun?

Join this group of dancers any Wednesday and enjoy an energizing morning.

Fee: \$1.00/class.

Pay on site.

W 3/4-3/25 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.

M 3/2-3/30 10:00am-11:30am

Coming in April at FV:

\$ Spring Deco Wreath

Deco Wreaths are the most popular fabric wreath used today! Learn how to make a spring-themed curly deco-meshed wreath using chenille stems and deco mesh.

Register and pay by 3/27.

Fee: \$40.00 LR: \$25.00

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W 4/1 6:30pm-8:00pm

ART STUDIO AT JACKSON HEIGHTS 3621 Campbell Ave. - 847-1751

\$ Stained Glass Panel

Learn to cut, grind and solder to create a colorful window hanging.

Instructor: Carter Martin

Register by Thursday before class.

No class 3/12.

Fee: \$105.00 LR: \$90.00

63600.132

Th 3/5 - 4/30 6:30pm-8:30pm

\$ Pottery: Beginning Hand built & Wheel (Morning Class)

Learn to make clay pottery using both hand-forming and wheel-throwing techniques. Instructor: Gail Speidell

Register and pay by 3/20.

Fee: \$103.00 LR: \$88.00

26000.130

Tu 3/24 - 5/12 9:00am-12:00pm



\$ Pottery: Beginning Hand built & Wheel (Evening Class)

Instructor: Gail Speidell

Register and pay by 3/20.

Fee: \$103.00 LR: \$88.00

26000.131

W 3/25 - 5/13 6:00pm-9:00pm

MILLER CENTER

301 Grove Street -455-5858

\$ Tap Dance Class: Beginning

Interested in learning about tap dance? Join fellow beginner tappers in this introductory class that will teach you basic tap steps, as well as a few tap combinations. Get your heart rate up and your feet moving in this fun class.

Register and pay by 3/17.

Instructor: Jamey Love

Fee: \$23.00 LR: \$35.00

27002.131

Tu 3/24-4/28 2:00pm-3:00pm

\$ Tap Dance Class: Intermediate

Tap into better health as you polish up the knowledge of basic tap steps and add more tap combinations. It's a great cardio workout while keeping your feet moving and your brain engaged.

Register and pay by 3/17.

Instructor: Jamey Love

Fee: \$23.00 LR: \$35.00

27002.130

Tu 3/24-4/28 1:00pm-2:00pm

OTHER LOCATIONS

\$ Bowling

Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.

Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center,
6015 Fort Ave.



Tu 3/3-3/31 1:00pm-3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd.

Register and pay monthly by the first day of play.

Staff: Marsha Berry

Fee: \$10.00

Heritage United Methodist Church,
582 Leesville Road
73703.130

Th 3/5-3/26 1:00pm-5:00pm

\$ Fifty-Plus Whiffleball/Indoor Softball

Enjoy this indoor version of softball as you exercise, compete and prepare for the outdoor season. Coed games are focused on fun, fitness and friendly competition. Register and pay monthly by the first day of play.

Staff: Lynn Fox

Fee: \$10.00

Pleasantview Baptist Church
19278 Forest Road (Rt.221)
73702.130

W 3/4-3/25 9:15am-11:15am

☎ Golden Gourmet @ China Super Buffett

Bring a friend, or make new ones, while enjoying local food and having

a laugh or two. Bring along a humorous story or joke to share.

Meet at China Super Buffett,
3412 Waterlick Rd.

Register by 3/25. Call 455-4115.

73700.130

F 3/27 11:30am-1:30pm

New Chapter Book Group

In Dr. Gary Chapman's bestselling book, *The Heart of the Five Love Languages*, he explains how people communicate love in different ways, and shares the wonderful things that happen when men and women learn to speak each other's language. We may hear that marriages are made in heaven, but he shares how those relationships should be nurtured here on earth.

Meet at: The Drowsy Poet,
Givens Book Store,
2236 Lakeside Dr.

M 3/23 10:00am-11:30am

Inclement Weather Policy

Snow in March? You never know! Just in case, we will be



following the Lynchburg City School closing policy for morning activities. If city schools are closed, our morning activities are cancelled. If city schools are opening late, we stay on schedule and open at the usual time, providing roads/parking lots are plowed and clear.

- Closings are announced on WSET, the internet, Comcast Channel 2 and other local TV newscasts.

- Decisions for afternoon and evening classes will be made on an individual basis after 12:00 noon. Please be sure we have a current phone number and e-mail address. Call 455-4115 if you have any questions.

Your safety is always our top priority!

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



City Wide Program Staff

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Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.